

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 1b – Saturday afternoon guided meditation

For those of you who haven't done the walking meditation before – again, it's quite simple. You keep your back quite straight. Be very aware of your feet lifting then touching the floor – the sensation of your feet touching the floor then lifting. Not looking around but just using your vision to direct you. Sometimes it's good to blur the vision just so that you don't start focusing on something and thinking about it because as soon as you focus, you often start thinking.

So it can be a very powerful meditation. And it's also very good on longer retreats to give the body a rest. It can be very energising. So you breathe into the belly, keep your back quite straight without being rigid – just straight, firmly straight. And be particularly aware of the feet.